

ABSTRAK

Manfaat ASI (Air Susu Ibu) begitu nyata, tetapi pada kenyataannya jumlah ibu menyusui masih rendah. Prevalensi pemberian ASI non-eksklusif cenderung meningkat dari tahun ke tahun. Pemberian ASI Non eksklusif atau memberikan makanan pengganti ASI (MP-ASI) sebelum enam bulan berisiko membahayakan kesehatan bayi, hal ini disebabkan karena MP-ASI dapat memicu alergi pada bayi, gangguan pencernaan, atau obesitas. Penelitian ini bertujuan untuk mengetahui faktor yang mempengaruhi pemberian ASI Non eksklusif pada ibu menyusui.

Penelitian dilaksanakan dengan rancangan cross sectional dengan sampel berjumlah 45 ibu bayi umur 6-12 bulan di RW 7, 8, 9 dan 10 Kelurahan Sidotopo. Sampel didapatkan dengan cara *simple random sampling*. Variabel bebas penelitian adalah faktor ekonomi, sosial budaya, psikologis, riwayat kelahiran, pengetahuan dan sikap. Sementara variabel tergantungan penelitian adalah pemberian ASI Non eksklusif pada ibu menyusui.

Hasil penelitian menunjukkan bahwa sebagian besar 89% responden memberikan ASI Non eksklusif hanya 11% responden memberikan ASI Eksklusif. Pengaruh antar variabel diuji dengan menggunakan Regresi Logistik univariat dan multivariat, masing-masing variabel bebas diuji terlebih dahulu dengan Regresi Logistik univariat, jika memenuhi syarat maka variabel tersebut dapat diuji kembali secara bersamaan dengan variabel-variabel lain, $\alpha=0,05$. Faktor yang mempengaruhi pemberian ASI Non eksklusif pada ibu menyusui adalah faktor sosial budaya dengan nilai OR=30,000, sedangkan faktor yang tidak mempengaruhi adalah faktor ekonomi, psikologis, riwayat kelahiran, pengetahuan dan sikap.

Di sarankan agar petugas kesehatan mengadakan pendekatan kepada tokoh masyarakat setempat melalui poster, leaflet dan sesi tanya jawab tentang pentingnya ASI eksklusif dan bahaya pemberian ASI Non eksklusif agar memperoleh persamaan persepsi tentang peranan ASI dalam pertumbuhan dan perkembangan anak, dan mengadakan penyuluhan pada kelompok khusus seperti arisan, pengajian dengan media lembar balik, leaflet dan poster tentang manfaat ASI eksklusif dan bahaya pemberian MP-ASI terlalu dini.

Kata Kunci : ASI Non eksklusif, Ibu Menyusui

ABSTRACT

The benefit of breast milk is so real, but the fact is that the number of breastfeeding mothers is still low. Prevalence of non exclusive breastfeeding tends to increase from year to year. Non exclusive breastfeeding or weaning food breast milk before six months will put the baby's health in danger, it is because weaning food breast milk will be able to trigger allergy to baby, absorption disturbance, or obesity. This research was held to identify factor that influence the Non exclusive breastfeeding at breastfeeding mother.

This research design used cross sectional design and its total sample is 45 mothers with their baby's age was 6-12 months at RW 7, 8, and 10 in Sidotopo political district. Samples were obtained by using simple random sampling. Independent variables for this research were factor of economy, social culture, psychology, birth history, knowledge and attitude. Meanwhile, dependent variable for this research was Non exclusive breastfeeding of breastfeeding mother.

The result of the research showed that 89% respondents give Non exclusive breastfeeding, and only 11% respondents give Exclusive breastfeeding. Influence among variables were tested by using univariate and multivariate Logistic Regression, with each independent variable was tested first by using univariate Logistic Regression, and when it fulfilled the requirement, then those variables would be tested again simultaneously with other variables, $\alpha=0,05$. Factor that influence Non exclusive breastfeeding at breast feeding mother was social culture factor with OR value = 30,000, meanwhile, factors that did not influence non exclusive breastfeeding were economy, psychology, birth history, knowledge and attitude factors.

It is suggested that health worker approach to the local village chief with poster, leaflet distribution and talk show about the importance of Exclusive breastfeeding and the dangerous of Non exclusive breastfeeding in order to has the same of perception about it, and held elucidation to the village community with leaflet and poster distribution about the benefit of breast milk and the danger of early weaning food breast milk.

Keywords : Non exclusive breastfeeding, Breast feeding mother.